



Tobacco Cessation Programs

Provided by McLean County Health Department
You can stop smoking. We can help.



McLean County Health Department is committed to providing tobacco cessation and education in order to help individuals live smoke-free lives. We offer Freedom From Smoking® and Courage to Quit®, two stop smoking programs which consist of proven smoking treatments to help participants kick the habit *for good*. Program leaders will provide information, practice skills, and support to help you reach your smoke-free goals. Both programs are flexible, and can be customized to many different participant groups.

For more information about these programs or to get started today, contact Sarah by [email](#) or call (309) 888-5968.

Tobacco Cessation Program	Number of Sessions	Length of Time per Session	Delivery
<i>Freedom From Smoking</i>	8 sessions over 7 weeks (Quit Day: Session 4)	60-75 minutes	Group
<i>Courage to Quit Full Program</i>	6 sessions over 7 weeks (Quit Day: Session 3)	75 minutes (Session 1) 60-90 minutes (Sessions 2-6)	Individual Group
<i>Courage to Quit Short Program</i>	3 sessions over 3 weeks (Quit Day: Session 2)	90 minutes (Session 1) 60 minutes (Sessions 2,3)	Individual Group

Tobacco Cessation Program Elements and Activities

Model of smoking behavior
Cycle of addiction
Health and financial gains of quitting
Triggers for smoking

Cessation medication discussion
Smoking, stress and deep breathing
Do's and don'ts
Weight and nutrition

Preparing for quit day
Withdrawal and cravings
Preventing relapse
Rewards

Letting go of smoking culture
Confidence and practice situations
Positive self talk
Support system



Visit our website at health.mcleancountyil.gov